

THE Friend

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Five Tips for Letting Young Children Help

- Keep unbreakable dishes in easy reach so children can put them away. Or let them sort clean silverware.
- Give children their own scrub brush or sponge. While you are cleaning, they can “clean” with plain water.

“Can I help?” When your young child says these magic words, you might be tempted to say no. But letting little ones help is an important step in teaching them to serve others. Here are three more benefits.

First, little ones are excited about mirroring Mommy and Daddy, so it’s an ideal time to build the habit of working together.

Second, children who help feel capable and valued as contributing family members.

Third, the whole family will have more time to do fun things together.

So answer that next offer to help with a smile and a “yes.” You’ll be giving your child positive experiences with helping and serving!



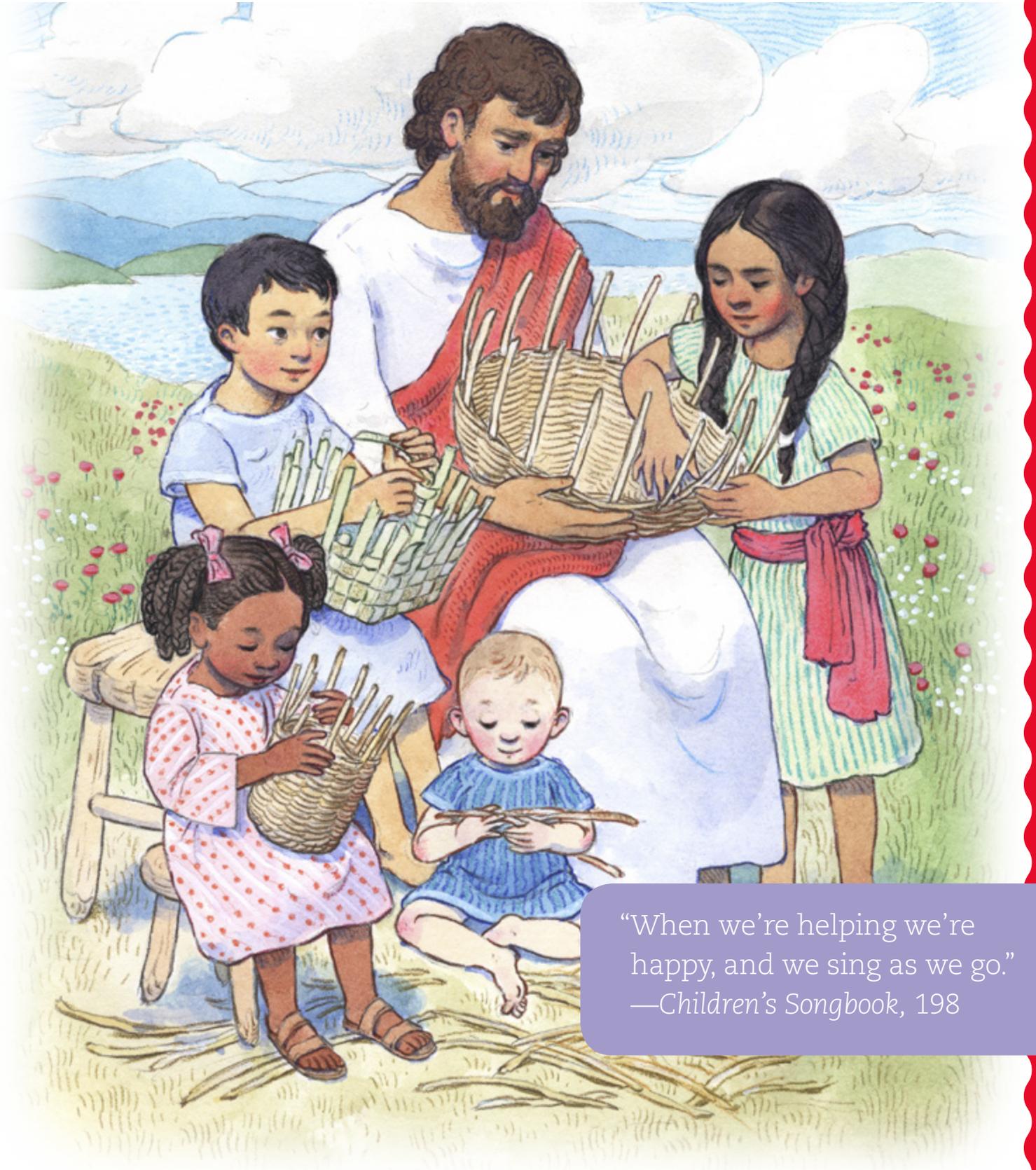
- Let them sift, measure, and stir while cooking. Put the mixing bowl within reach on a tablecloth or plastic bag.

- Point out successes and express thanks.

Ignore mistakes. Resist the urge to take over or redo an imperfect job.

You can read past letters at FriendFPLO.lds.org.





“When we’re helping we’re
happy, and we sing as we go.”
—Children’s Songbook, 198

Micah Obey

By Jennifer Maddy

 had a  on his face. Mommy asked him to help set the , but  said no. Daddy asked  to stop teasing his little sister, but  said no. Daddy said, “, when you obey, it helps our family be happy.”  liked it when his family was happy. He went to the . He put the  and  next to the . Mommy . “Thank you, .

” Then he gave his little sister a  to play with. She . Daddy  too. “Thank you, .

”  didn't have a  anymore. It turned upside-down into a big !



Micah

smile

fork

table

plate

spoon

Samuel Teaches about Jesus



Samuel was a prophet. He climbed onto a city wall to preach. He told the people they needed to repent and have faith in Jesus Christ.

Samuel taught that Jesus would soon be born. A new star would shine. The sky would stay bright the whole night!

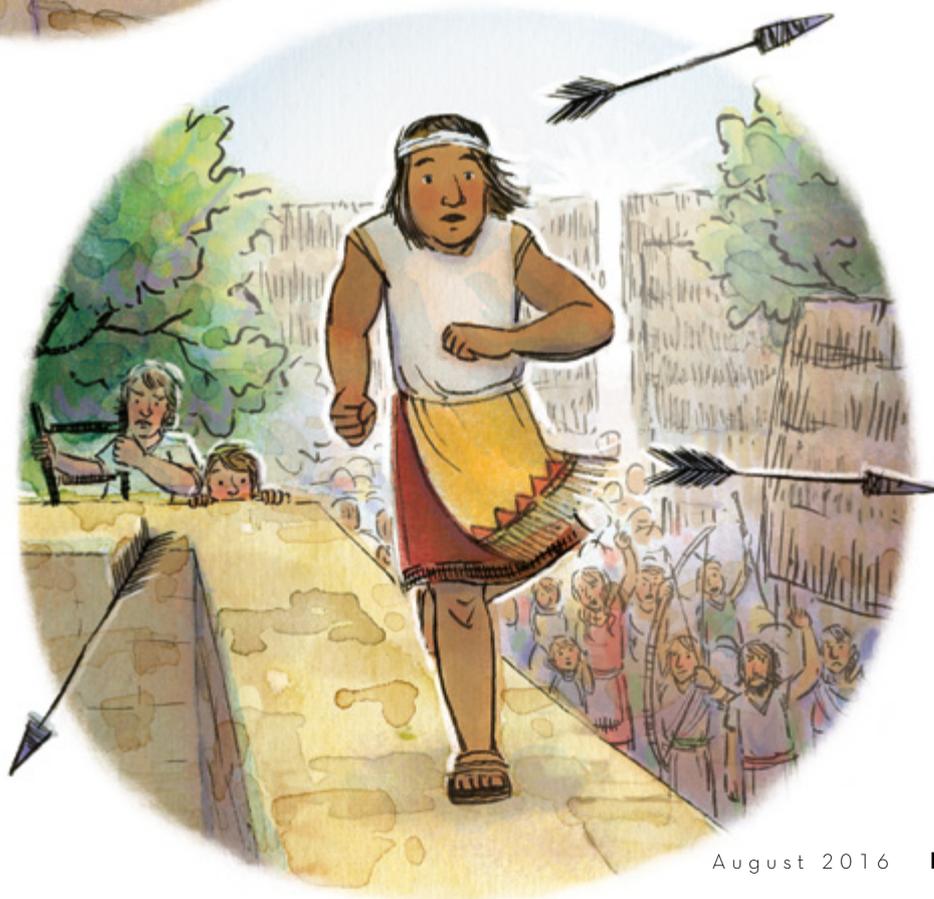
He taught that when Jesus died, it would be dark for three days. Many cities would be destroyed.





Some people believed and were baptized. Others did not believe and were angry. They threw rocks and shot arrows at Samuel. But God protected him, and he wasn't hurt.

The people who did not believe tried to capture Samuel. But Samuel got away.





Five years later, Jesus was born. A new star shone in the sky. It was just like Samuel had taught! ◆

From Helaman 13–15; 3 Nephi 1:13–15, 21

COLORING PAGE

I Can Pay Tithing



ILLUSTRATION BY APRYL STOTT

By **Laura Goodrich**
(Based on a true story)

Hands, Heart, and a **SMILE**

Lydia watched Mommy get ready for work. Mommy put on pretty pink lipstick. She looked beautiful.

Lydia looked in the mirror. She felt sad.

"I don't have any lipstick," Lydia said. "So I'm not beautiful."

Mommy hugged her tight. "Wearing lipstick isn't what makes

people beautiful. Being strong and kind makes people beautiful."

"Strong like having lots of muscles?" Lydia asked.

Mommy smiled. "No. This kind of strong means choosing the right."

"How?" asked Lydia.

"Well, you are strong and kind when your hands help others," Mommy said.



“You are strong and kind when your heart loves everyone.

“And you are strong and kind when you smile. That makes everyone happy too.

“Being strong and kind makes you beautiful inside, not just outside.”

Lydia wanted to be strong and kind!

She used her hands to carry the mail in for Grandpa.

She gave her last cookie to her cousin.

She felt love in her heart when she played with a new neighbor. And she felt love when she gave coins to a girl collecting money for people who didn't have homes.

She smiled at people she saw. They all smiled back.

That night Lydia told Mommy, “You are right! I feel strong and kind. I used my hands and my heart and my smile today.”

Mommy smiled. “You are strong and kind, just like Jesus wants you to be!” ♦

The author lives in Guam.

